

# Senior Activity Center



## January News

202 North Davis Dr.

PMB 718

152 Maple Street

Warner Robins, GA 31093

Phone: 478-293-1066

Email: [fwright@wrga.gov](mailto:fwright@wrga.gov)

The Senior Activity Center is Non-Profit and is sponsored by the Warner Robins Recreation Department. All of our Programs and Activities are open to the public for anyone 50 years and up. There is no membership requirement.

Our office will be closed on:

Monday, January 1, 2018 in observance of the New Year Holiday!

Ladies & Men's Night Out (LMNO): January 19, 2018 5pm-8pm

AARP Defensive Driving Course: Wed., January 17, 2018 9am-4pm @ the Senior Activity Center. Contact Don Tate for questions/registration.

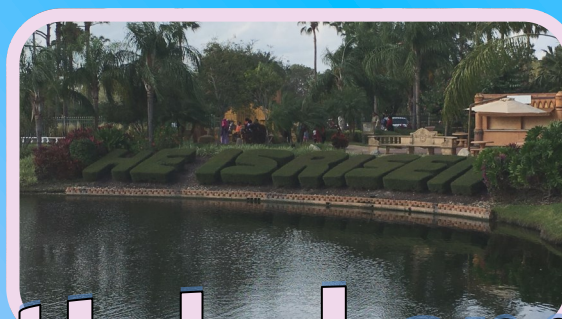
478-396-9705.

NO YOGA - January 2, 2018

ENDING 2017 WITH LOTS OF FUN



# January



## Holy Land Experience



Rosa Doggett awarded  
key to the city.



WRSC/TWSC Christmas Luncheon





# Classes Provided

## AEROBICS

Monday, Wednesday and Friday 9:00am–10:00am. This is a low impact aerobics class for seniors. Please call 293-1066 if you have any questions.



## PRIME PAINTERS

Thursday from 1:30–4:00pm. Bring your own supplies.



## WOODSHOP

Monday, Tuesday, Wednesday and Friday – Open 9:00am–Noon.



## AARP DRIVER SAFETY COURSE

9:00am-4:00pm in the Senior Center. Please contact Don Tate 396-9705 or dedtate2@gmail.com to reserve a seat.

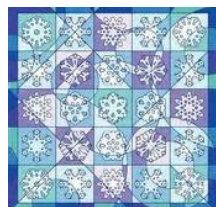


**CERAMICS** Tuesday and Friday from 10:30am till 4:00pm. Brushes and cleaning tools are available for purchase. Please call 293-1066 if you have any questions.



## QUILTING

Wednesday at 10:00am–2:00pm. Bring your own scissors and thimble. Hand quilting done for the public. Quilts sold at the Senior Activity Center.



## YOGA

Tuesday & Thursday 2pm–3pm. Cost \$5.00 per class. Gentle stretching, balance & breathing exercises to help with daily activities & lower blood pressure. Designed to improve posture and mood.



## IKEBANA

Japanese Flower arranging, Monday from 2:00-4:00pm. For additional information contact Yuko Hancock 923-7312 or Dee Boren 987-0493.



**LINE DANCING** Beginners meet Wednesday from 1:00–2:00pm, cost is \$2.00. Advanced class meets Wednesdays from 2:30–4:00pm, cost is \$3.00. Please contact Julia Juarez 918-5635 for



## WATER AEROBICS

Monday, Tuesday, Thursday and Friday 9:00am–10:00am @ Fountain Park. Cost is \$25.00 per month. For additional information please contact Miranda Nelson 293-1071.



## Location by Color

(Calendar on next page)

- SC - Senior Activity Center - 152 Maple Street
- TW - Ted Wright Park - 2841 Moody Road
- FP - Fountain Park - 614 Kimberly Road
- WC - Wellston Center - 155 Maple Street
- MR - McIntyre Rm. - Rec. Dept. 800 Watson Blvd
- BT - Bus Trips

# January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>CLOSED NEW YEAR'S DAY</b> 	2 9AM Woodworking 10:30AM-4 PM Ceramics	3 9AM Aerobics 9AM Woodworking 10AM Quilting 1PM Line Dancing	4 10AM Self Defense 1:30PM Prime Painters 2PM Yoga	5 9AM Aerobics 9AM Woodworking 10:30AM-4PM Ceramics	6
7	8 9AM Woodworking 9AM Aerobics 2PM Ikebana	9 9AM Woodworking <b>9:30 AM WRSC</b> 10:30AM-4 PM Ceramics 2PM Yoga	10 9AM Aerobics 9AM Woodworking 10AM Quilting 1PM Line Dancing	11 <b>8:30-1PM HCRT</b> <b>9AM TWSC</b> 10AM Self Defense 1:30PM Prime Painters 2PM Yoga	12 <b>9AM- Bingo @ Chick-fil-A</b> 9AM Aerobics 9AM Woodworking 10:30AM-4PM Ceramics	13
14	15 9AM Aerobics 9AM Woodworking 2PM Ikebana	16 9AM Woodworking 10:30AM-4 PM Ceramics 2PM Yoga	17 9AM Aerobics 9AM Woodworking 9am- 4pm AARP Driver Safety Course 10AM Quilting <b>10AM NARFE</b>  1-4PM Line Dancing	18 10AM Self Defense 1:30PM Prime Painters 2PM Yoga	19 9AM Aerobics 9AM Woodworking 10:30AM-4 PM Ceramics <b>5PM-8PM LMNO</b>	20
21	22 9AM Aerobics 9AM Woodworking 2PM Ikebana	23 9AM Woodworking <b>9:30 AM WRSC</b> 10:30-4PM Ceramics 2PM Yoga	24 9AM Aerobics 9AM Woodworking 10AM Quilting 1PM Line Dancing	25 <b>9AM TWSC</b> 10AM Self Defense 1:30PM Prime Painters 2PM Yoga	26 9AM Aerobics 9AM Woodworking 10:30AM-4 PM Ceramics	27
28	29 9AM Aerobics 9AM Woodworking 2PM Ikebana	30 9AM Woodworking 10:30-4PM Ceramics 2PM Yoga	31 9AM Aerobics 9AM Woodworking 10AM Quilting 1PM Line Dancing			